

TORONTO metro®



Friday's Jackpot
\$50million
estimated



Justin Trudeau meets with Metro's editorial panel in Toronto on Monday. LIZ BEDDALL/METRO



**NOT COMING TO
A CONVENIENCE
STORE NEAR YOU**

Story, page 4.



'My fists will be up. I am a boxer'

MetroTalks. But Justin Trudeau vows no low blows in his fight to lead Canada



ROSEMARY WESTWOOD
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Justin Trudeau's pitch for prime minister goes roughly like this: it's not that Canadians can trust him, it's that he trusts them.

The trademark of his leadership would be openness in government, society and politics, he told Metro editors and reporters during an hour-long interview on Monday.

His caucus will be able to

vote with their conscience. He will separate his religious beliefs (Catholic) from his politics (pro-choice). Collaboration, not "divisive" politics, will reign.

Trudeau was accompanied by a low-key entourage and equipped with more polished answers than some of his previous off-hand gaffes suggest.

Like his Liberal Party, Trudeau has yet to release an official platform. He kept his answers to generalities about what he would do if elected: invest in education, create a more diverse economy, work more closely with municipalities and better support indigenous communities. If his policies are opaque, he is clear about the kind of politician he promises to be.

The Liberals won't use at-

tack ads, like the ones already running against him. They might work, he admitted, but will lead to a divided country.

"I would rather campaign with one arm tied behind my back than have to govern with one arm tied behind my back," Trudeau said.

While the Conservatives have tried to use Trudeau's privileged upbringing against him, he embraced it as one of the reasons he's running.

"I recognize that I've been incredibly, incredibly fortunate in my life," he said, but his parents "drilled" into him that "what matters is what you do with what you're given in life."

That's why he chose to be a teacher, and it's why he wants to be prime minister, he said.

His father, former prime

minister Pierre Trudeau, taught him to stand by his convictions, despite political costs.

"My mom taught me actually to like people, which my father wasn't always very good at," he said with a laugh.

She also taught him that there is strength in vulnerability, after going public about her struggle with bipolar disorder a decade ago and helping influence public discourse on mental health.

"People were unbelievably supportive," Trudeau said. "For me that is an incredibly powerful message."

It could also help explain his own candid, relaxed approach to the public: being vulnerable could be a powerful tool to win voters. But don't expect a pushover, he warned.

"I will not take things lying down, and we will be very, very strong in our contrast, in the ideas we disagree with, the positions we dislike," Trudeau said.

Presumably, the party will also be clear about what policies it does agree with, when it finally releases a platform.

"Let's be very clear: my fists will be up. I am a boxer," Trudeau said.

What that can mean for Canada's future remains to be seen.

Trudeau talks...

...the environment, child care, terrorism, pot and his dream tattoo: pages 6-7.

'Leprechaun' out of luck

Crime. Witnesses say despised TTC passenger taken into police custody



LUKE SIMCOE
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A man believed to be the infamous TTC leprechaun has been arrested by Toronto police.

According to witnesses, a man with a striking resemblance to one of the TTC's most despised passengers was taken into custody following a Friday incident at Pape Station.

The man rushed out of the station about 5:30 p.m. and attached his bicycle to the rack of a departing 25 Don Mills bus. When the driver informed him the bus was full, the man demanded to be let on and refused to remove his bike.

"He was saying things like: 'You can let me on or you can run me over,'" said Bethany Ward, who stayed on the bus to act as a witness after the other passengers left.

Ward believes the suspect is the same man who accosted a woman on the 72 Pape bus in September. Footage of the incident was uploaded to YouTube and the man's attire — which included a green shirt and a bowler hat — led viewers to dub him the "TTC leprechaun."

The man's sartorial sense was toned down Friday, but Ward said she recognized him right away.

"I wasn't 100 per cent sure, but I was sure enough," she said.

The angry cyclist refused to give police his name, but Ward claims he said things like: "I'm famous, you don't even know

Quoted

"The guy was just being a jerk. The bus driver did nothing wrong."

Witness Bethany Ward

who I am."

Eventually, Ward told police about her suspicions that he was the "leprechaun."

"He got oddly excited when I said I knew who he was," she said. "He smiled and said, 'You do know.'"

Ward also said the man was filming the altercation on his phone and taunting police officers, boasting that he sued them before and would do so again.

Although she declined to identify the suspect, Toronto police Const. Jenifferjit Sidhu told Metro there was no record of anyone with his name taking legal action against the force.

Sidhu confirmed Ward's version of events and said the man was escorted out of the station and charged under the Ontario Trespass to Property Act.

Ward snapped a photo of the suspect, and uploaded it to her Facebook page.

The picture quickly spread to sites like Reddit, where users are convinced the man and the leprechaun are one and the same.

As for her choice to stay behind, Ward said it was a "no-brainer."

"I may have my own problems with the TTC from time to time, but I knew no one else was going to stick around," she said. "And the bus drivers need people to stand up for them sometimes."



Digging out after ferocious snowstorm

Like thousands of other Torontonians, Lucy Jackson shovels snow outside her home on Monday, after the city was hit by a severe snowstorm. The mother of two is experiencing her first Canadian winter and is shovelling for only the second time in her life, after moving recently to Canada from Britain. CHRIS YOUNG/THE CANADIAN PRESS

Music

Pianos galore in 10-day festival

The Toronto Symphony Orchestra's Piano Extravaganza is a 10-day series of concerts, free events and master classes that celebrates the piano.

The kickoff is Wednesday's series of free midday concerts in public spaces throughout the city including city hall, Union Station, CBC Atrium, Royal Bank Plaza and the Hospital for Sick Children.

TORSTAR NEWS SERVICE

Winter. Google points out best toboggan spots in GTA

A new Google map shows you exactly where you can go tobogganing during a snowstorm.

The map, which can be edited by the public, lists more than two dozen hills and slopes in the GTA that are perfect for whizzing down a hill with glee.

Downtown, users suggest a kid-friendly hill on the University of Toronto campus, or Winston Churchill Park near Casa Loma. But there's also a good hill on

Cassels Avenue in the Upper Beaches, and Bridlewood Park off of Huntingwood Drive.

Out in Scarborough, Adams Park gets high marks. Further north in Markham, one user writes why Milliken Mills Park is the tops.

Given the frosty forecast for the next week or so, the snow is not going anywhere soon, with more fluffy flakes expected on Wednesday and Saturday. Slide on.

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Bargaining table. York U. union votes to strike, says school is 'dragging its feet'



LUKE SIMCOE
Metro in Toronto

The union representing contract faculty and teaching assistants at York University has voted to strike, and says it's up to the school to prevent classes from being cancelled.

"Our members have sent a loud and clear message to the administration: To avoid a strike, the university must now make significant movement at the bargaining table," CUPE Local 3903 wrote on its website.

The vote was held last week, with membership voting nearly 80 per cent in favour of a strike. Union chair Faiz Ahmed said it's the strongest yes mandate in 10 years.

Ahmed said the university had been "dragging its feet" at the bargaining table, but he expects that will change.

"In many ways, today is the first substantive day of bar-

Quoted

"Nobody wants a strike. The union doesn't want a strike. The university doesn't want a strike."

Faiz Ahmed, chair of CUPE Local 3903

gaining because we've had the strike vote," he said Monday.

According to Ahmed, the main sticking points are job security for contract teachers and the rising cost of tuition for international students. The union claims the school has hiked international fees for graduate students by as much as 50 per cent while failing to provide adequate funding packages.

The union and the university have committed to bargaining until Feb. 24, with the earliest possible strike date set for Feb. 26.

Health

Unlinked measles cases reported

Public health officials in Toronto are scrambling to investigate four cases of measles that have been discovered in the city in the past week.

From Jan. 27 to Jan. 31, two children and two adults were diagnosed with measles. There are no apparent links between the four and none

had recently travelled outside the country.

The lack of connections and travel history suggests there is probably at least one other case that hasn't been detected and potentially more, Dr. Lisa Berger, of Toronto Public Health, said in an interview Monday.

Berger said none of the four received the recommended two doses of a measles vaccine.

THE CANADIAN PRESS

Factory workers strike ignored for 17 months

Manufacturing. Crown Metal makes cans for more than 120 kinds of beer



Striking Crown Metal employee Ian Pearson and other strikers block a bus from leaving in front of the Crown Metal factory in North York on Monday, where workers have been on strike for more than a year. MARTA IWANEK/TORSTAR NEWS SERVICE

When Caterpillar laid off 460 people in 2012 and shuttered their London locomotive factory, politicians of all stripes decried the blow to the province's important manufacturing sector. When Heinz announced the closure of its tomato processing plant in Leamington last year, public outcry was so intense that it prompted a manager to help buy the plant to keep it open.

But in the nearly 17 months since 120 workers at the Crown can factory in North York walked out on strike, there has been a distinct lack of interest from politicians and the press.

"It's pretty lonely out here," said John Beechey.

Crown makes cans for more than 120 kinds of beer, ranging from Molson, Labatt and Coors to Steamwhistle, Budweiser and Creemore. They also produce cans for PC Cola and Cott foods.

In September 2013, things were looking up. After a decade of tough times that led to plant closures and pension and wage freezes, Philadelphia-based Crown Holdings, Inc. was turning a billion-dollar profit and the plant near Highway 400 and Finch had just been awarded one of the company's

highest honours. It was named the safest and most productive plant in North America.

This, reasoned union staff representative Lawrence Hay, meant it was time to ask for the first salary increase in nine years. But when they sat down with management to negotiate a new contract, not only were they told their salaries and pensions would remain frozen, they say Crown wanted to eliminate their annual cost-of-living wage increases and hire new workers at salaries up to 42 per cent lower than existing ones.

The workers walked out, figuring the strike would last a few weeks or a few months at

most. But strikes are stretching out much longer than they used to, Hay says, and big American companies like Crown Holdings now budget for strikes, hoping to drag them out to get the union to abandon its demands.

"They're trying to starve us out," said Rob DiPippo, a forklift driver with 29 years at the plant. "All your luxuries in life are put on hold. You can't go on vacation. You just try and keep your car running."

Last summer, Crown made a new offer that did away with the two-tiered wage proposal, Hay said, instead demanding a 30 per cent pay cut across the

Calling all beer drinkers ...

In an effort to get word out about their plight, the strikers have started leafletting at Beer Stores across the province, calling on beer drinkers to buy bottles and not the cans produced at their plant.

board. This means an experienced machine operator who was making \$24 an hour would have to accept \$16 an hour when they return to work, Gillard said. The strikers voted overwhelmingly to reject the offer: 117-1. TORSTAR NEWS SERVICE

RICK MERCER REPORT

Tonight Rick celebrates Yoho Blow Days, the annual wild winter festival in Field, B.C.

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No beer in convenience stores: Wynne

Alcohol. While she has shot down corner-store sales, Premier Kathleen Wynne is open to supermarkets carrying ales, lagers

Premier Kathleen Wynne has dashed hopes of Quebec-style beer sales in variety stores even as she promises improved access for Ontario consumers this spring by changing the private Beer Store monopoly.

"We're not going to have beer in convenience stores," she said Monday during a stop in her Don Valley West riding.

But Wynne did not rule out the possibility of beer being sold in supermarkets, such as Loblaws, and big-box retailers like Costco or in independent craft brewers' boutiques.

"There are changes coming. It's not whether there will be change; it's just a matter of what that change will be — so stay tuned."

Her comments came as a Forum Research poll found



Premier Kathleen Wynne bumps with Harry Vogt, president of K-W Oktoberfest, but holds on to her beer stein during opening ceremonies at the Kitchener-Waterloo Oktoberfest last fall. TORSTAR NEWS SERVICE

most Ontarians want an end to the Beer Store monopoly and the right to buy beer in corner stores and supermarkets.

"Ontarians are becoming sensitized to the fact they have less choice in beer sales," said Forum president Lorne Bozinoff. "This kind of attention is naturally corrosive, and will only get worse the more the Beer Store executives plead a losing case."

Indeed, the poll suggests

58 per cent want to open up the 448-store monopoly operated by AB InBev, Belgian parent of Labatt, U.S.-based MolsonCoors and Japan's Sapporo, owner of Sleeman.

Only 22 per cent want the status quo while 19 per cent had no opinion.

Forum surveyed 1,028 people across Ontario on Wednesday, Thursday, and Friday. Results are considered accurate to within three percentage points, 19 times out of 20.

Forum found attitudes toward the Beer Store have shifted since last year. On April 7, 2014, there was 52 per cent approval for the chain and 28 per cent disapproval. Last week, it was 42 per cent approval and 41 per cent disapproval.

Dave Bryans, chief executive of the association, said the premier seems to forget there are already 216 "LCBO agency stores" in rural Ontario that sell beer alongside groceries.

"Our proposal to the Ed

Beer economy

How beer is sold elsewhere in Canada:

- **Quebec.** Beer is sold in convenience stores, grocery stores and government-owned SAQ stores, similar to LCBO outlets.
- **B.C.** Beer is sold through government-owned liquor stores, private liquor retailers who sell beer, wine and spirits, breweries with on-site stores and a small number of bars/pubs allowed to sell "off-sales."

Clark panel was to ... help the government by expanding the LCBO-agency model into an LCBO-agency/Beer Store model where the government could compete with the Beer Stores," said Bryans.

"That would give more choice to consumers ... and give more revenue to the government," he said.

TORSTAR NEWS SERVICE

Condos. Sales soared in 2014

New condo sales soared back in 2014 from their 2013 slump, with developers across the GTA recording their third-highest level for sales ever, behind the previous highs of 2011 and 2007, according to market research firm Urbanation.

At the same time, construction hoardings came down and lanes of traffic reopened in spots, as a record 20,809 condo units were actually completed; 86 per cent were pre-sold.

Almost 52,500 new condos were under construction in some 198 new projects across the GTA as of the end of 2014, Urbanation said in a year-end report released Monday. An additional 28,447 units are in pre-construction projects that went up for sale last year and are 69 per cent pre-sold.

Even the resale-condo market showed stunning strength, with sales up 14 per cent in 2014 to a record 17,819 units.

Resale prices were also up, coming in 3.8 per cent by the end of 2014 over 2013, to an average of \$431 per square foot or \$389,000. TORSTAR NEWS SERVICE

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TTC budget puts \$95.3M into improved service

Transit. Operating budget will add a dime to the cost of tokens and \$93 a year to the cost of monthly passes

The TTC has cleared the first hurdle in approving a \$95.3-million slate of service improvements — and a fare increase TTC riders say makes the system less affordable to those

who need it most.

The TTC board unanimously approved an operating budget on Monday that will add a dime to the cost of a token and about \$93 a year to the price of transit for Metropass users. That increase will raise an additional \$29 million toward the system's approximately \$1.6-billion operating costs.

The budget is balanced with a \$600-million city subsidy to help pay for the TTC conventional and Wheel-Trans services. That has still to be passed by To-

ronto's budget committee and by council. It's a \$38.8-million increase over last year's subsidy.

But it will restore service lost in budget cuts in 2012 and add additional services, including more express buses and more Blue Night buses to the system, said Coun. Josh Colle, who chairs the TTC board. Children under 12 will be allowed to ride free. That move, he said, means some schools can now plan field trips that were previously unaffordable. That concession will cost the transit system about \$7

million a year, but several commissioners said is important to creating a new generation of transit riders.

Other system improvements include allowing streetcar riders to board through the back doors to speed service, along with hiring more fare enforcement officers. There will be two additional subway trains on the Yonge and Bloor lines during rush hours, and reduced crowding on all vehicles with a return to pre-2012 standards.

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New TTC Chair Josh Colle TORSTAR NEWS SERVICE



“I had to de-cereal the minivan.”

— Jason, 35. No insurance.

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Documentary traces troubled path of Chinese-Jamaicans



Jeanette Kong is the director of *Half: The Story of a Chinese-Jamaican Son*. CONTRIBUTED

A documentary is shedding light on the complexities of growing up torn between two cultures and identities.

Set to screen in Toronto as part of Black History Month, *Half: The Story of a Chinese-Jamaican Son* recounts the trajectory of Vincent Lee, one of many Chinese-Jamaicans who struggled to establish a sense of identity and belonging.

Born to a Jamaican mother and a Chinese father in 1931, Lee, who now lives in Sioux Falls, S.D., was sent to China

when he was five. It was part of a community practice that sought to give kids an initiation to the Chinese culture and mores. The film attempts to depict Lee's life of hardship and servitude through the traditions of pre-Communist China and his longing to reunite with his family in Jamaica, said director Jeanette Kong.

“We now think of mixed race as a modern concept, but it was a different story in the 1930s,” Kong said. “So I wanted to explore what it was like to

grow up as a mixed-race person in China back then.”

The practice did more than just teach Lee and his peers a new culture and lifestyle. By the time they returned to Jamaica in early adulthood, they would find it hard to fully reconnect with their families and the society, Kong said.

They didn't have the same culture after becoming completely Hakka, the community in China where many of them were sent. They couldn't speak English, which also limited

them in professional growth, she added.

“It was like starting over again, almost becoming an immigrant in your own country.”

Kong said the half-hour film is a visual representation of the history of people who made up Jamaica. It certainly has relevance to today's world of diversity, she said.

The documentary is scheduled to screen throughout the city in February, followed by open discussions on race and identity. GILBERT NGABO/METRO

MetroTalks Justin Trudeau

This launches a series of Metro conversations with the people Canadians want to meet:
The federal leaders, celebrities, athletes and other newsmakers influencing our lives.

ON BALANCING SECURITY, PROSPERITY AND FREEDOM



JESSICA SMITH CROSS
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Liberal Leader Justin Trudeau spoke at length about his values in an hour-long interview with Metro on Monday and had answers to some, but not all, of our questions on how he would put those values into policies he'd champion as prime minister.

On youth and the middle class...

Trudeau said he knows that many young Canadians feel prosperity is passing them by; that their generation will not have a home, a pension, an education without crippling debt, good employment prospects and economic security upon which to start a family of their own.

"Young people are feeling that," he said, "and their parents are feeling that this is a breakdown in the idea of Canada, that every generation is supposed to have greater opportunities and be able to get a better quality of life than the previous generation."

That breakdown is a source of tremendous anxiety that's

toxic to the country, he said.

His plan to solve it starts with investing in education: Better bursaries and loans, looking into tying the repayment of student loans to income, and allowing Canadians to use RESPs to continue their education throughout their careers.

Improving the middle class, according to Trudeau, means improving the infrastructure it relies on, particularly transit, as well as encouraging both a "resource and knowledge economy."

Closing the wealth gap "means supporting middle-class Canadians, not supporting the wealthy. That means we're competitive in terms of corporate taxes but not creating giveaways in hopes that corporations will create jobs."

On the environment...

Trudeau criticized Prime Minister Stephen Harper's recent talk on climate change, suggesting his words were prompted by the election year and not "some kind of road to Damascus" realization that climate change exists.

Trudeau's position on

On women...

Catholic — and pro-choice

On the divisive issue of abortion Justin Trudeau has a practiced answer. It's one he says is based on personal conviction, not political strategy.

He supports a woman's right to choose.

He's Catholic, but said that elected representatives should not impose personal views on entire communities.

"I've sat down with a number of bishops, archbishops and even a cardinal

and I've talked about the fact that their job as priests is very different than my job as a leader, as a politician," he said.

While it was his father who taught him to stand up for his values, including women's rights, it was his mother who taught him to like people.

He became a little emotional when speaking about his mother, before quickly composing himself.

"My mom also taught me that strength is also about vulnerability."

Trudeau recalled his mother's fear of going public about her mental health struggles. She had been criti-

cized in the press for other issues and feared more of the same.

"Instead, people were unbelievably supportive and positive," he said. "All my life people tell me how great my dad was and what an impact he had, but over the past few years as many people come up to tell me the work my mom has done on mental health has had an impact on them."

He was tested last year when two Liberal MPs were accused of sexual harassment. He kicked both out of caucus.

"Most workplaces are further ahead than the House of Commons was, and that's

why there was very little I could do within our existing system, which is why the actions I took were fairly decisive."

He sighed before answering that cultural change is needed before legislative change.

"Our judges, our judicial system, our police, our investigators, are in a very, very difficult situation responding to something like that, that's already happened and in many cases, ends up being he-said-she-said," Trudeau said.

"There's a big culture shift that's ongoing, that needs to continue."

JESSICA SMITH CROSS/METRO

climate change is to support the provinces as they create systems for putting a price on carbon: Alberta has a levy, B.C. a carbon tax and Quebec a cap and trade system. Ontario has a plan in development.

Trudeau said the federal government should work with the provinces to set out a

framework and targets, and use a "carrot and stick approach" with the provinces to ensure they're met, in order to save the planet and the economy.

"If we can't demonstrate to our trading partners and our citizens that we are serious about protecting the

environment and building the economy in a way that is sustainable and helpful to communities, people are going to remove any sort of social licence for mega projects, for pipelines for initiatives that are important for the economy," he said.

On child care...

Trudeau knocked the Conservative and New Democrat plans to make child care more affordable.

Trudeau said the Conservative's income-splitting plan benefits wealthy families the most, "for ideological reasons, for electoral reasons,

Prime Ministerial ink





"I know we're a federation. We're not always going to get along, but we do share a vision about what is going to be needed and I know we can work better," Justin Trudeau said Monday in a sit-down interview with Metro. ELIZABETH BEDDALL/METRO

but not for reasons of actually helping."

As for the NDP's universal child-care plan, Trudeau said the party has serious questions to answer about how the government could afford it, given a declining surplus.

"The Liberal party is still pulling together our child-care plan. We're looking at the new fiscal framework but we are looking directly at making sure that families like yours get the help they need," he said.

Working with provinces and municipalities will be part of making sure spaces are available.

On terrorism...

Trudeau doesn't know yet what the Liberals' response to C-51 — the government's

anti-terror bill that expands CSIS's power and criminalizes promoting terrorism — will be, but his caucus is going over the details and will debate it Wednesday.

"The fundamental responsibility of any government is to keep its citizens safe. Everyone gets that," he said. "Whether it's rail safety — as we learned with Lac-Mégantic — whether it's protection against jihadists and international terrorists and radicalization, that's something the government needs to do."

Trudeau said the Liberals have been calling for public and parliamentary oversight of Canada's spy agencies, and the balancing of safety with the protection of Canadian values.

On First Nations and racism... Canada has failed aboriginal people and needs to have a discussion about racism, Trudeau said.

The federal government broke the trust and respectful partnership promised in the treaties, through residential schools, failing to react to the problem of missing and murdered women and failing to provide quality education for First Nations people, he said.

While the residential school apology was important, action didn't follow and a lack of action on aboriginal issues hasn't come with a political consequence so far, he said.

"We have a responsibility to make sure that First Nations education is funded, that a kid in a First Nations community

has exactly the same level of funding as a kid in any other community in the country," he said.

Support for mental health and addiction services in remote areas must equal the support available in urban areas, he said.

"There are a lot of structural problems that need to be addressed and a fundamental element of that is rebuilding the broken relationship."

On legalizing marijuana...

Trudeau said his commitment to legalizing marijuana comes from his own values related to personal freedom and protecting the vulnerable, not political strategy.

"It's all about allowing adults to make their choices

while protecting kids much better than we are now," he said.

He cited a study (by UNICEF) that found Canada had the highest rate of underage marijuana use among the 29 nations studied.

"Our current approach isn't protecting our kids, we need to protect the vulnerable, while respecting people's freedoms," he said.

On cities...

In nearly 150 years since confederation, Canada has shifted from 80 per cent rural and 20 per cent urban, to the opposite and it's time to recognize that cities deliver a majority of services on a fraction of the tax base, Trudeau said.

His party is looking at

creating another mechanism — something akin to the gas tax — that empowers cities to build infrastructure, he said.

Trudeau said it's time to stop finger pointing and recognize that all governments serve the same citizens, so as prime minister, he'd meet with the premiers and the country's mayors and aboriginal leaders, to help them build their long-term plans.

"I know we're a federation, we're not always going to get along, but we do share a vision about what is going to be needed and I know we can work better, much more efficiently on delivering those needs instead of just saying, 'Hey, Ottawa's balanced its books, now it's up to Toronto or Ontario to do it on their own.'"



Tat test. Trudeau draws his dream-job tattoo

Asked to sketch a tattoo appropriate for the PM, the famously tattooed Justin Trudeau paused only briefly before he started drawing what looked like a flagpole.

His aides told him it was time to go, but Trudeau kept sketching.

In remarkably accurate detail, he spent several intense minutes creating a Quentin Blake-esque rendering of the Peace Tower on Parliament Hill — complete with a green copper roof and clock, a small Canadian flag and mini parapets.

But don't expect him to head to the tattoo parlour on Election Day: "I have all the ink I'm going to get. I'm not going to get more tattooed up," he said.

Trudeau's shoulder is inked with a globe he got in his 20s, surrounded by a Haida raven, added on when he turned 40.

Trudeau reverted to teacher mode on his way out, asking if anyone could pinpoint the one inaccurate detail.

There isn't a maple leaf on the face of the clock tower?

Correct, said the teacher.

ROSEMARY WESTWOOD/METRO

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Jailed journalist gives up Egyptian passport

Cairo. Mohamed Fahmy relinquishes citizenship in exchange for freedom

An Egyptian-Canadian journalist imprisoned for more than a year in Cairo has relinquished his citizenship as a condition of his release, his fiancée says.

Marwa Omara said it was "a very hard" decision for Mohamed Fahmy.

"He is a proud Egyptian that comes from a family of military servicemen," Omara said in an email to The Canadian Press.

"They told him: 'Nationality is in the heart, and you can come in as a tourist.'"

It remained unclear when exactly Fahmy would be released. However, Foreign Affairs Minister John Baird told CBC on Monday that Fahmy's release was "imminent." He declined to provide any details.

The 40-year-old was expected to be deported to Canada when released.

Fahmy's mother sent a pub-

Imprisonment

Egyptian authorities had accused the three journalists of providing a platform for ousted president Mohammed Morsi's Muslim Brotherhood, now declared a terrorist organization. But authorities provided no concrete evidence.

- The three were widely seen as having been caught up in a regional power struggle between Egypt and Qatar, which funds Al Jazeera and strongly supported Morsi.

lic letter to Egypt's president on the weekend, calling her son an "innocent" man in urgent need of medical treatment.

"Mr. President, as a journalist my son never strived to tarnish Egypt's image. It's this Al Jazeera case that now smears Egypt's reputation abroad," wrote Wafa Abdel Hamid Bas-

Baird resigning?

Foreign Affairs Minister John Baird will resign from his position in the Harper cabinet as early as Tuesday, CBC News reported late Monday.

TORSTAR NEWS SERVICE

siouni.

Fahmy and two Al Jazeera colleagues — Australian journalist Peter Greste and Egyptian Baher Mohamed — were arrested in December 2013 and convicted of terror charges related to their coverage of the violent crackdown on Islamist protests. They were sentenced to between seven and 10 years.

Greste was finally freed on Sunday. Prison officials and Egypt's official Middle East News Agency said Greste's release resulted from a "presidential approval" and was coordinated with the Australian embassy. **THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS**

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Japanese PM questioned on hostage deaths

Terror. Abe pledged \$200M in non-military aid days before ISIL demanded ransom

Japanese Prime Minister Shinzo Abe defended his policy toward terrorism, as the flag at his official residence flew at half-mast Monday in a mark of mourning for two hostages killed by the Islamic State of Iraq and the Levant (ISIL) group.

During a long day of parliamentary debate, Abe parried numerous questions about his handling of the hostage crisis, which came to a grisly end with news early Sunday that journalist Kenji Goto had been beheaded.

Abe said his announcement of \$200 million in non-military aid for the fight against ISIL, made during a visit to the Mid-

dle East just days before the militants demanded a \$200-million ransom for the two hostages, was meant to convey Japan's strong commitment to battling terrorism and fostering peace.

Some have questioned that decision, saying Abe should have been more cautious and not mentioned ISIL by name.

Abe confirmed that he was aware of the hostage situation when he made the announcement. He said he wished to publicize Japan's contribution to the fight against extremism and rejected the idea of a more cautious approach.

"The terrorists are criminals," Abe said. "We are determined to pursue them."

Still, Japan has ordered heightened security precautions for airports and other public transport and at Japanese facilities overseas, such as embassies and schools.

THE ASSOCIATED PRESS



Ebola vaccine trial starts

A woman receives an injection as she takes part in an Ebola virus vaccine trial on Monday, at one of the largest hospitals — Redemption Hospital — in Monrovia, Liberia. A large-scale human trial of two potential Ebola vaccines got underway in Liberia's capital, part of a global effort to prevent a repeat of the epidemic that has now claimed nearly 9,000 lives in West Africa.

ABBAS DULLEH/THE ASSOCIATED PRESS

Ukraine

Human remains found at crash site

The Dutch defence ministry says a team of experts has recovered a small amount of human remains from a village near the site where a Malaysia Airlines jet was downed last July in eastern Ukraine, killing all 298 people on board.

THE ASSOCIATED PRESS

Rebels

Railway junction new battlefield in Ukraine

The main rebel offensive is now directed at Debaltsevo — a government-held railway junction once populated by 25,000 people that lies between the rebel-held cities of Luhansk and Donetsk.

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VOICES

SLOWING DOWN NOT 'WAR ON CARS'

More people are taking to their cars because they feel unsafe walking or cycling — leading to congestion on the roads and slowing drivers down



YOUR RIDE
Glyn Bowerman

It's time we stopped treating our neighbourhoods like speed bumps.

We've heard a lot of bunk about the "war on cars." People are frustrated by congestion and long commute times. Motorists recoil at any suggestion that they should slow down, share the road or be impeded in any way.

As a result, we tend to value traffic flow over anything that might stand in its way — things like people.

Now, the provincial government is considering reducing the standard 50 km/h speed limit to 40 km/h by amending the Highway Traffic Act.

Coun. Jaye Robinson, chair of public works, told me her committee is already slated to reconsider speed limits in the first quarter of this year. She wants a case-by-case look at the issue, balancing safety with the need for traffic flow.

But any reduction in the speed limit is bound to be met with wailing and blaring of horns from motorists.

In 2012, Toronto's chief medical officer Dr. David McKeown presented a report to the health board recommending that residential speed limits be reduced.

The report showed the health benefits of a walkable, cycling-friendly city. It showed the cost savings associated with reduced collisions (measured in millions), and it provided evidence that reducing speed limits



Toronto has made a lot of effort to keep cyclists safe, including cordoning off cycling lanes from traffic. Reducing speed limits may be one of the biggest jumps the city could make. TORSTAR NEWS SERVICE FILE

from 50 km/h to 30 km/h meant a 40 per cent decrease in the probability of a fatal pedestrian collision.

Talk-radio personality Rob Ford

called the idea "nuts." Coun. Denzil Minnan-Wong, then chair of public works, accused McKeown of wasting taxpayers' money on the report. The

following year was one of the worst for traffic fatalities ever recorded.

During the last election, Robinson found many residents concerned

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about pedestrian safety. Last summer saw the death of seven-year-old Georgia Walsh, hit by a van in a 40 km/h zone.

Robinson said parents are driving their kids to school, just blocks away, because they are too afraid to let them walk. Let's consider that: more car trips are being made because people are afraid of cars. If more people are driving because they are afraid to walk or cycle, this car-first mentality is actually contributing to congestion. Drivers are their own worst enemies, it seems.

The best way to solve congestion is to take cars off the road. That means enticing those who can to walk, bike or take transit. People are often happy to make the switch, if they feel safe enough. More importantly, the health benefits associated with cities that encourage walking and cycling that McKeown reported are real and measurable. Let's measure a lifetime of good health against making good time en route to the office. A 10 km/h decrease in speed is a small sacrifice.

Glyn Bowerman is a Toronto-based journalist and theatre artist. He is also a regular contributor to *Spacing Magazine*. Follow him on twitter @Banquos_Banquet

Ignore the rodent prognosticators and embrace winter



MELISSA DUNNE
readers@metronews.ca

Poet T.S. Eliot famously declared April as the cruellest month. I disagree: it's definitely February.

In our desperation to bring a swift end to the coldest and wettest season, we jump at — as we did Monday — weather forecasts from groundhogs and men in top hats. Nova Scotia's Shubenacadie Sam and Quebec's Fred la Marmotte both saw their shadows. Ontario's Wiarton Willie and Manitoba's Winnipeg Willow did not. Will there be six more weeks of winter or early spring? Hmm. Not to sound as grumpy as Bill Murray in the 1993 classic *Groundhog Day*, but it's time to take your head out

of the frozen ground — winter is here for a while, so we may as well embrace it.

The first official day of spring is March 20, but many parts of the True North will have snow well past that date. In Halifax, the Old Farmer's Almanac predicts rain, wet snow and flurries for the last week in March. While Vancouver doesn't get much white stuff, the area is set to see snow and rain from March 17-21, according to the almanac. Last year Ottawa saw snow on April 15, according to the Government of Canada's website. Calgarians were posting photos online when the city was hit by a very late spring snowstorm on June 6, 2009. Yes, June.

So regardless of whether you believe the premonitions of huge

Winter's here for a while

So regardless of whether you believe the premonitions of huge rodents or climatologists, we need to accept that cold, wet weather is here for a while.

rodents or climatologists, we need to accept that cold, wet weather is here for a while. With that in mind, here are my tips for making it through the rest of winter without melting down like all that snow on the ground when the salt hits.

Buy the right gear.

When my family first emigrated from Dublin, we hit the local

Sears and bought one-piece snowsuits and woolen ski masks. Canada gets cold, but there's generally no need for a ski mask unless you're actually skiing. But it is worth splurging on a down-filled parka, shearling trapper hat, wool scarf, waterproof mittens and sturdy winter boots. In Vancouver, I recommend Gore-Tex and galoshes. Most of these items are now on sale — go get some.

Don't be afraid to fall.

Then, wrap up and get outside. After years of hibernating indoors like some sort of bear-human hybrid, I have enacted Project Embrace Winter. I skate. I have snowshoed. I've even tried cross-country skiing, and all I did was fall and struggle to get up over and over again. But I'm out there embracing

winter.

Add some Baileys.

After a long day of doing winter sports poorly, I'll make some hot coffee. Or if you have a sweet tooth, chop up some baking chocolate, warm some milk on the stove and throw in some sugar and marshmallows. I usually add a dash of Baileys, too. While I'm now a dual Irish-Canadian citizen, I am still a Dubliner at my cold, shivering core.

Find a way to warm up to our cold weather, which will likely last well past the equinox. And no matter what the rodent soothsayers say, Canada Day is still a very long 21 weeks away. Then we can all stop complaining about the cold and wind chill and start complaining about the heat instead.

Gossip

NED EHRBAR

METRO'S TAKE ON
THE WORLD OF
CELEBRITIES



Kim Kardashian ALL PHOTOS GETTY IMAGES

Kim's not sorry for bringing up the Bruce brouhaha

There's trouble in the Jenner-Kardashian compound, and it apparently stems from comments that the most famous of the brood, Kim Kardashian, made in an interview with Entertainment Tonight last month expressing support for "what Bruce (Jenner) is going through." What he's report-

edly going through is transitioning from male to female, though no official announcement has been made at this time. Hence the family strife. "Kim has not even tried to apologize because she says she was helping him and the ratings of the TV show," a source tells Radar Online. "Unfortunately, the more

Kim talks, the more famous she gets. She has pulled this kind of stunt before and has lost friends and lovers. But she honestly does not care. She just moves on." And honestly, I'm surprised by the family outrage. If anyone understands the "I was trying to boost our ratings" argument, it's those people.

Kate wouldn't change a #&@\$!% thing about the way she's raised her kids

Kate Winslet takes a positive attitude when it comes to helping her children cope with divorce. "I think it's very important to teach your children to struggle on some level," she tells Harper's Bazaar. "I would honestly say that I wouldn't change a thing. Even all the bad bits. It doesn't matter how s—y times have



Kate Winslet

been, they all matter, because those things shape who you are. And if you don't like who you are, well, then you're f—ed, really, aren't you?" Way to bring everybody down, Kate. On the plus side, she's also got a great take on the whole

"losing the baby weight" mania following the birth of her latest child, Bear. "There's a big part of me — now more than ever before — that feels a sense of responsibility for how other women view themselves," she says. "Take having the baby, for instance. Have I actively been on a diet to lose my baby weight? No, I haven't. I genuinely bloody haven't. I so didn't want to be one of those, 'Oh wow, she's back in shape after 12 weeks' women. When I read things like that, I just think, 'Oh for f—'s sake, that's actually impossible.'"

Sorry, British supermodels — you're no longer a thing

Carol White, the modeling agent responsible for such '90s fashion titans as Naomi Campbell, Claudia Schiffer and Linda Evangelista, is calling time of death on Great Britain's future as a supermodel talent pool. "The British are s—. Even if they're from a poor background, British girls have everything," White, herself a Brit, tells the Sunday Times Style Magazine. "They come from, say, Newcastle, and they don't want to leave their mates or their boyfriend — they're torn. We're not as fit. Maybe we eat too much."



Naomi Campbell



Kanye West and two Super Bowl fans

Kanye doesn't want to be in your selfie, all right?

Kanye West went to the Super Bowl, but he didn't look too happy about it. Or maybe he just wasn't too happy about being roped into a couple of fans' at-

tempts at a selfie with the star. He just looks so miserable, right? Seriously, did he just send his Madame Tussauds wax figure to the big game in his stead?

Bring on the halftime show conspiracy theories

You can't perform at the Super Bowl without a certain (always entertaining) corner of the Internet picking apart the annual halftime extravaganza in search of Illuminati clues and symbolism.

Among those symbols on display this year, apparently, were the very important Masonic Checkerboard — though her dancers were playing chess, not checkers, but whatever — and

the Masonic Lion that Perry rode into battle. Except it was a tiger. But again, whatever. There's just so much going on here, it clearly has to be the work of a secret organization that controls the world, right?



Katy Perry

2 SCENE

Backstreet Boys look back — warts and all

VOD. Documentary, Show 'Em What You're Made Of, follows the band back to Orlando while recording their latest album



NED EHRBAR
Metro in Hollywood

The Backstreet Boys are taking time to look back, creating a documentary to do so. After being brought together 22 years ago in Orlando by wealthy businessman and eventual convicted felon Lou Pearlman, The Boys — Nick Carter, Howie Dorough, Brian Littrell, AJ McClean and Kevin Richardson — let a camera crew follow them as they revisited their past and recorded their 2013 album, *In a World Like This*. The result is *Show 'Em What You're Made Of*, available on VOD. We sat down with the band to chat about what it was like to see their lives on screen.

When you saw the documentary, were there any parts that were hard to watch?

Nick: I think, individually, we each probably had something that was a little difficult. If you want to get specific, for me, I didn't like watching myself cry and go through that whole experience with my teacher, because I'd kind of put that in the back of my mind. It was a tough time in my life, and seeing myself cry — that's (hard) for me.

AJ: I think kind of reliving everything with Lou and being at the house ... that whole situation affected us each differently. I think there were high moments and there were low moments even making the film. Some were much more emotional than others. It was a great learning experience — a relearning experience.

Brian: My voice therapy stuff is hard to watch, just because it was such a trying time in my life ... It was something I really tried to



The Backstreet Boys: AJ McClean, Kevin Richardson, Brian Littrell, Nick Carter and Howie Dorough. GETTY IMAGES FILE

hide. I didn't want it to be on the documentary, but it just kind of evolved and came out. But it's good that I'm better now and getting

stronger each and every day.

Did any of the outfits from the '90s make you cringe?

Howie: Absolutely. Of course.

Kevin: There were quite a few. Lots of interesting fashion.

I don't know if favourites is the right word, but were there any moments that stick out?

Nick: Favourite bad ones? **Brian:** We just saw an interview of us backstage in the green room for the Grammy Awards.

Nick: The Grammys!

Brian: It was 1999, and the question was, "So what do you Backstreet Boys think about the Internet? Do you think it's going to be something pretty cool?" And (AJ) is in a white top hat, white suit.

AJ: White everything.

Brian: He looked like ...

Willy Wonka.

AJ: I looked like Dr. Seuss.

Howie: You looked like Marilyn Manson.

Brian: No, Willy Wonka!

AJ: OK, Willy Wonka, that's what it is. Everyone's in dark colors and I'm just random, as per usual.

Brian: I think he thought he was in Jodeci or Boyz II Men.

AJ: There were definitely some wardrobe faux pas back in the day.

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Music

Similar songs are often just a coincidence



SOUND CHECK
Alan Cross
scene@metronews.ca

You've probably heard about the Sam Smith/Tom Petty controversy, which saw Petty receive a portion of the song-writing credits for Smith's song, *Stay with Me*, because the chorus was a note-for-note copy of the chorus in Petty's 1989 hit, *I Won't Back Down*.

This was a negotiated settlement between two parties. There was no lawsuit. Everyone agreed that this was simply one of those unfortunate sonic coincidences where someone unknowingly writes a song that sounds the same as an older track. With only so many ways to place the notes of the Western scale in a pleasing melodic order, this sort of thing happens all the time. When it happens, it's time to negotiate.

Let me give you an example. Back in the '80s, a friend of mine co-wrote a song that completed

a comeback album for a big-name group from the '70s. His deal involved an escalating series of royalty payments based on the album's success.

When his song was released as a single, a new set of royalties kicked in. The higher the song climbed on the charts, the better it got. In the end, the song made it into the U.S. Top 10.

A few years later, the manager of a group from Europe contacted my friend's people. "We're planning to release a single that we've noticed has certain obvious melodic similarities to a song written by your client. We expect this song to be a major hit, so here's what we propose."

In exchange for not creating a legal stink, a deal was worked out whereby the more successful the European group's single became, the more money my friend would make.

Hush money? Maybe. But my friend was the first to put those notes in that order.

This new

single was a massive hit, reaching No. 1 in the U.S. and four other countries and Top 10 in five others. Sales topped well over a million worldwide. And my friend received some very nice cheques for a song he never wrote.

So the next time you hear a song that sounds like one you've heard before, don't start screaming about ripoffs. Chances are everyone involved has long been compensated.



Sam Smith
GETTY IMAGES



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Reality of unrealistic ideals

Body image. How women are confronting the pressure to meet media and advertising's narrow views of beauty

SEPTEMBRE
ANDERSON
life@metronews.ca

Thursday is the new Friday, at least in the television world, where the prime-time triumvirate of Shonda Rhimes, Kerry Washington and Viola Davis has taken over TV screens.

The seat-gripping dramas *How To Get Away With Murder*, *Scandal* and *Grey's Anatomy*, however, are not only reshaping the TV landscape but also sparking important conversations about body image and beauty ideals.

After New York Times critic Alessandra Stanley called Davis "not classically beautiful" and compared her looks with women like Halle Berry and Washington, the actress didn't respond — until she accepted the award for outstanding performance by a female actor in a drama series award at the Screen Actor's Guild Awards last month.

"Thank you for thinking that a sexualized, messy, mysterious woman could be a 49-year-old, dark-skinned African-American woman who looks like me," she said, alluding to Stanley's below-the-belt comment.

"I think her saying very clearly that a sexy woman and a mysterious woman and a lead actor could look like her was something that everyone needs to hear and be reminded of," said PhD candidate and fat activist Jill Andrew.

"It's the need for represen-



Viola Davis addressed beauty ideals during her acceptance speech at the SAG Awards. GETTY

tation and it's the need for relevant representation."

Media and advertising are commonly known to present narrow, unrealistic depictions of women that are leading to unhealthy results.

According to a study by Dove, only four per cent of women worldwide think they are beautiful and between 600,000 to 990,000 Canadians suffer from eating disorders like bulimia, anorexia and binge-eating disorder.

Andrew is no stranger to battling with her weight.

"One of the first lessons I learned was that perfection was really hard to get to and

like many people, I practised," said Andrew, who also confronts shadeism in the black community.

"I practised for years to get that perfection, and for me that perfection included diets and sneaking a taste of my mother's Slim Fast strawberry milkshakes. My practice even included a small stint with trying to bleach my skin."

It took years for Toronto-based Andrew, co-founder and executive producer of the Body Confidence Canada Awards, to overcome her self-esteem issues.

Finding a supportive, empowering community and read-

ing books like *Ain't I A Woman?* by bell hooks were part of her self-love arsenal.

"These sorts of books started me on the path of recognizing that these ideals that were set out for me and for all women really only took a very small percentage of women into consideration," said Andrew.

Rebecca Matchett, meanwhile, grew up on teen magazines and graduated to women's magazines in university. The beauty ideals promoted in these publications affected her self-esteem and it was a strict media cleanse that helped improve the way she viewed herself.

The perception effect

When told men desire full-bodied figures, women felt better about their own weight, say researchers at Southern Methodist University (SMU) in the U.S. "A woman's body image is strongly linked to her perception of what she thinks men prefer," says lead author and social psychologist Andrea Meltzer of SMU. Heterosexual women, says Meltzer, tend to believe men prefer the ultra-thin bodies that dominate the media. "Consequently, this study suggests interventions that alter women's perception regarding men's desires for ideal female body sizes may be effective at improving women's body image," she says. Meltzer conducted three studies of 448 women. In all three studies, women were more positive about their bodies after looking at pictures of voluptuous women portrayed as being attractive to men. AFP

"I'm very conscious on the Internet of the material that I look at," said the 26-year-old project manager from Fredericton, N.B.

"I'm conscious that everybody that I'm looking at in the media is Photo-shopped."

Websites like XO Jane and Beauty Redefined also helped Matchett feel more confident.

"I really started to understand that there are more people like me who want to see images that aren't edited and who want to live in a world where our variety of bodies is OK."

"The more educated we become in peeling back the layers of this facade," said Andrew, "the less it impacts us."

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LEARNING CURVE

Sheridan helps you get creative

In January, Sheridan College launched a unique undergraduate credential. Students enrolled in the college's degree programs will have the opportunity to pursue a board undergraduate certificate in creativity and creative problem solving while fulfilling their liberal arts and science breadth requirements.

"Every degree program includes an elective component, and the creativity and creative problem solving courses are all electives," says Yael Katz, special adviser of Sheridan's Creative Campus and associate dean of the faculty of humanities and social sciences.

Students will be able to take six courses over the four years of their degree program



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that span a range of disciplines and subject areas in the fields of global culture, humanities and social sciences. The curriculum has been endorsed by the International Center for

Studies in Creativity at Buffalo State, SUNY.

The certificate was developed in response to various studies revealing that creativity skills, which are hallmarks of effective lead-

ers, make graduates more marketable and employable. Students who have completed this collection of breadth courses will have demonstrated the ability to integrate theories and methodologies of creativity, creative thinking and creative problem solving. These skills will help them make innovative personal, professional and global changes throughout their careers and lives.

Courses include introduction to studies in creativity, studies in creativity composition and rhetoric, principles of creative problem solving, creative leadership and problem solving, and applications of creativity and innovation.

Through a memorandum of understanding between Sheridan and the International Center for Studies in Creativity, those who complete the undergraduate certificate, and who meet admission requirements, will be eligible for graduate and postgraduate studies in creativity at the Center in Buffalo State.

"In addition to acquiring a new set of skills and a unique credential, students also gain an additional pathway to continue their studies," Katz says. "This is a truly interdisciplinary certificate from which students can gain a valuable set of skills."



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TURNING IDEAS INTO ACTION

RYERSON FACULTY OF SCIENCE

The faculty of science at Ryerson University offers graduate students the chance at an education that is designed to help them succeed in the workforce.

"We encourage interdisciplinary approaches to learning and research and encourage our trainees to translate scientific knowledge into societal benefit," says Michael Kolios, associate dean, research and graduate studies, faculty of science, Ryerson University. "As such, we aspire to be Canada's most creative, connected and entrepreneurial university for graduate education — to turn ideas into action."

The faculty of science supports multidisciplinary graduate programs in biomedical physics, molecular science, applied mathematics, computer science, and environmental applied science.

Ryerson graduate faculty have strong connections with many different partners — industry, government agencies, hospitals and non-profit organizations (such as conservation authorities).

Many graduate students conduct their research projects with these partners, often completing portions of these projects at the partner institutions.

The faculty of science also offers a number of programs that support women in science, including WISR — Women in Science @ Ryerson, instituted in 2014. This is a group of students, both undergraduate and graduate, along with staff and faculty, that holds regular networking events and workshops that support professional development for young women in science.

"The dean promotes and encourages active mentoring of young women at all stages of



CONTRIBUTED

their careers, including through their graduate programs," Kolios says. "Support for women and other under-represented groups is a priority of the faculty of science so that all of the members of the community can achieve their full potential."

The faculty of science is also dedicated to offering its students more professional skills

training to ensure their success once out in the workforce.

Through the Future Smart program, Ryerson offers an expanded program of free, professional skill development for graduate students.

The graduate program in biomedical physics is accredited by the Commission on Accreditation of Medical Physics Educational Programs

(CAMPEP), the only such accredited program in the Greater Toronto Area.

Several faculty members and graduate students will be hosted in the Institute for Biomedical Engineering, Science & Technology (iBEST), which will open in 2015.

For more about graduate studies in the faculty of science, visit ryerson.ca/science.



CONTRIBUTED

Building a pathway to careers

Offering students a chance to put their knowledge to the test is what the faculty of science at Ryerson University does best.

"We offer a multitude of programs that provide an engaging and diverse learning and teaching environment, where students get the chance to interact with passionate, talented professors who are willing to help them build a pathway to their careers and experience the real-world impact of what they are learning," says Marcus Vinicius dos Santos, interim associate dean of undergraduate programs and student affairs, faculty of science, Ryerson University.

To assist students with the real-world impact, the faculty of science offers a co-op aspect to the programs.

The faculty of science offers eight programs (biology, biomedical science, chemistry, computer science, financial mathematics, mathematics and its applications, medical physics and undeclared science),

all offering a co-op option, and most offer degree options that will interest students who wish to pursue a degree with a greater emphasis on a particular sub-discipline.

These include BSc (biology) — environmental biology, or a degree with an interdisciplinary focus towards another discipline, such as BSc (chemistry) — applied physics option, and BSc (biology) — bioinformatics and computational biology option.

An optional co-operative program is available in all programs providing graduating students with 20 months of work experience that enhances their organizational and technical abilities as well as their oral and written communication skills.

As well as offering students the chance to put their theoretical knowledge to the test through co-op placements, the faculty of science is also looking to enhance current programming by bringing in new and

exciting initiatives. These include a Science Innovation Zone, based in the department of computer science and the global science citizen program.

"The Science Innovation Zone will provide Ryerson students with valuable opportunities and resources designed to help them take their ideas from concept, through draft, and prototype stages to commercial viability and sustainable new businesses or civic and social ventures," Vinicius dos Santos says.

The global science citizen program will aim to incorporate an international and intercultural dimension into the curriculum of the academic programs, and provide international experiences for students that will include academic exchanges as well as research placements.

For more information about the undergraduate studies available in the faculty of science, visit ryerson.ca/science.



THE BUSINESS OF FASHION

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Traditionally, fashion programs either focus on the design or merchandising side of the industry, but the opportunities are much broader than that.

Centennial College's new fashion business

and management program will teach students the business side of fashion and how it is reshaping the fashion industry.

"Fashion is not just business, it's big business," says Leesa Butler, Centennial College

professor and program co-ordinator for the fashion business and management program. "A career in the business of fashion can take you into any and all areas of design, production, manufacturing, marketing, retail or media."

CONTRIBUTED

With so many different career opportunities in fashion, Centennial College saw an opportunity to help build careers in this field by adding this program.

Butler says today's business leader, particularly one who works in fashion, also needs to know how to operate from an ethical and sustainable foundation.

Students of this two-year diploma program will learn fundamental business skills, such as finance, human resources, communications, all tailored specifically to the fashion industry.

"It's important they understand the cycle of fashion from the product side — trend analysis, ideation, development, sourcing, production — to the customer facing functions in retail, marketing and media," Butler says. "Students will have a chance to explore the technological innovation occurring at every level."

Along with business management fundamentals, students will learn about current design trends and technologies used to predict fashion sales, as well as customer psychology concepts. They will then have the opportunity to take what they have learned and apply it in an industry placement during their final semester.

"This program can be a good fit for someone who wants to work in a creative field, but may not have the artistic skills needed to specialize," Butler says. "Creativity is an important element in business, too."

For more information about this new program, visit centennialcollege.ca.

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HARRIS STRIKES A CHORD

A RECORD YEAR FOR WINNING AWARDS

The Harris Institute, a private post-secondary college in Toronto with accelerated comprehensive programs taught by leaders working in the music industry, had much to celebrate during its 25th anniversary in 2014.

Last year, the Harris Institute reported a record year for winning awards. Among the many accolades, it was the only Canadian college to be listed among Billboard magazine's top 11 music

industry schools. It also ranked No. 1 in Media Arts Education report card's best in Canada, getting an A+ in 2013 and 2014.

The Harris International Program partners with the University of West Scotland, Edinburgh Napier University, Harris Institute West Indies, Gulf Islands Film and Television School and the International Fund for Ireland. Students who earn an audio production or arts management

diploma can then go to Scotland for 12 months to earn a master's degree in music business or songwriting — the compressed master's degree takes 32 months of study in total.

"I'm proud of what the Harris Institute had achieved in a quarter-century," says founder and president John Harris. "We're seeing spectacular accomplishments in virtually every sector of the music industry, and our graduates are winning awards and starting or running successful companies."

For more, visit harrisinstitute.com.

Balancing work and play during your reading week

If true life were based on the movies, every students' reading week schedule would alternate between prancing around on a beach and binging on Netflix in pyjamas. But while this February break brings with it an abundance of leisure time, the reality is that this time frame generally precedes a final burst of essays, exams and assignments.

So is it best for post-secondary students to ditch their sleep-in dreams in favour of time

booked in the library?

"Traditionally, reading week is for sitting down and reading, but we encourage the break as well," says Robert Malowany, a student academic success initiative co-ordinator at George Brown College. "The idea is that it's about having that kind of a break that's not just for resting. Let's assess the situation — how's school been going?"

Malowny says the appropriate divide of

business and party time will differ from student to student. "On average, I would say half of that time should be at play. But sometimes it's about surviving through the next semester. Spend some time assessing what needs to get done, but some self-care has to be involved."

Material sustainability instructor Monica Polo says that incorporating some aspects of academia into a newly calmed atmosphere can yield unique and positive results.

"When you have time off in the midst of the project, you're able to shelve those things for a moment and you may be able to resolve a solution that you wouldn't have normally thought about or be inspired to do new things."

— Elizabeth Beddall



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SHUTTERSTOCK PHOTOS

Humber offers food for thought

Students enrolled in Humber College's culinary management program and its baking and pastry arts management program can expect to spend half of their class time in the kitchen, where they will receive practical hands-on training.

"They'll be using the most up-to-date, industry-standard equipment," says Rudi Fischbacher, the associate dean of Humber's school of hospitality, recreation and tourism, who is responsible for the culinary and hospitality programs.

In addition to learning how to cook and bake at a professional level, both programs follow industry standards for decorum, uniform, hygiene and personal presentation. Practical courses, which take place in a lab, have strict uniform and attendance standards and policies.

Both programs also have a seven-week local, national and international internship, during which the students will work 40 hours a week.

"We open doors to hotel and restaurant kitchens," says Fischbacher, an experienced chef who has worked in Canada and Europe.

Ninety-two per cent of the students will get a job offer from their internship.

Students also get hands-on from scratch experience cooking at the 120-seat The Humber Room, a full-scale restaurant on the college's north campus. They will make fresh fare such as bread and ice cream and grow micro-greens and herbs in the on-site greenhouse.

At Humber, all of the instructors are working chefs at top restaurants.

"That level of instruction gives students real-life exposure to what's happening in the industry," Fischbacher says.

The instructors can attest to the fact that a culinary career isn't for the faint-hearted.

"It's hard work and you need to have good stamina and be prepared to work on holidays when you're starting out," Fischbacher says. "You really have to be driven and passionate about cooking."

If you love to cook and bake but long hours spent in kitchens don't appeal, there are many other food-industry careers to consider.

"You don't have to do the grind behind the stove forever," Fischbacher says.

The broad-based industry offers many jobs that have more regular hours, such as recipe testing at the President's Choice test kitchen.

Although Humber doesn't have the largest culinary programs in the country, there is no question that "when it comes to quality, we're the top school," Fischbacher says.

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Peter von Loesecke, CEO and managing director, The MBA Tour. CONTRIBUTED

Meet with top business school representatives

During The MBA Tour

While the business world has made a drastic shift to an online format, the value of face-to-face communication and relationships has never been more important.

The MBA Tour will be making a stop in Toronto on Wednesday to give prospective MBA students a chance to meet with top business schools and admissions experts in person.

“Face-to-face communication with prospective students is the preferred means for school representatives to meet candidates,” says Peter von Loesecke, CEO and managing director, The MBA Tour. “Our events provide candidates with a unique opportunity for them to meet with school representatives without having to travel to the schools.”

The Toronto event will provide candidates the opportunity to meet school representatives in small groups or in a one-on-one session.

Each school sends out invitations to selected students for a meeting. Unlike other providers, the school selects the students to meet.

“I cannot emphasize enough that students need to prepare themselves before coming to

an event like ours,” von Loesecke says. “They need to research programs as they would any investment.”

He says students should master the facts about a program’s admission competitiveness and then focus on asking questions that relate to their own academic needs for a future career.

“Asking only the basic questions about a program is a signal to an admission adviser, who has invited you to meet with them, that you are not serious about their program,” von Loesecke says. “A well-prepared candidate knows what an MBA can do for them and is familiar with the qualifications for admission.”

Prospective students will also have the opportunity to take in a number of presentations, including The MBA Tour — Financing Your MBA, presented Dr. Don Martin, PhD.

The MBA Tour stops in Toronto on Wednesday. Registrants will have the opportunity to meet top business schools and MBA admissions experts, as well as learn more about the MBA application process.

This is a free event and takes place at Metro Toronto Convention Centre from 4-9:30 p.m.

For more, visit thembatour.com.

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A detailed model of a commercial jet airplane is positioned as if it is taking off from or landing on the pages of a large, open book. The book's cover is visible at the bottom, showing the title 'AVIATION MECHANICS' in large, bold, sans-serif capital letters. To the left of the title, it says 'Canadian Edition' and to the right, 'VOL 1'. The pages of the book are open, showing text and diagrams. The background is a soft, light blue-grey gradient.

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Learning is about to get personal

Education. Swap in this new approach and nix standardized testing, educators hear

Schoolchildren in China drilling their tongues to pronounce English words correctly often find themselves picking up more ZZZs than ABCs.

Half a year can be spent practising rote verbal exercises, a mind-numbing method that can kill youngsters' enthusiasm for learning, said a former English teacher from China who's seen it firsthand.

Such a teaching style has evolved to meet institutions' needs for generating high scores in standardized testing, but Yong Zhao said the same harmful effect on Chinese students may be happening in British Columbia.

Zhao is now a top international education consultant based in Oregon who was invited by B.C.'s Educa-



The debate over whether standardized testing will help to form a successful, employable adult continues. ISTOCK

tion Ministry to spell out his vision for upgrading the provincial school system.

"My extreme advice — we should do away with all of (standardized testing),"

Zhao said in an interview after addressing a forum of more than 150 educators and interested business and community leaders.

"It's a waste of money, very little value, destroys parents, destroys schools, too, and puts students and teachers in a bind for high-stakes testing."

The province should revolutionize the system by shifting the teaching emphasis to nurture every child's individual passion and talents, Zhao said. The concept is called personalized learning, and gives both students and teachers more space to explore their diverse abilities.

"To be creative, to be entrepreneurial, you cannot skip the basics," Zhou told the room.

"But the basics should come after we have a passion. Sometimes we do the basics and we have killed people's interest."

His call for innovation comes at the same time B.C. teachers are administering the standardized Foundation Skills Assessment tests to children in Grades 4 and 7, and as the province's

Quoted

"It's a waste of money, very little value, destroys parents, destroys schools, too, and puts students and teachers in a bind for high-stakes testing."

Yong Zhao on standardized testing

tion minister announced a new education strategy.

Minister Peter Fassbender told the forum the government is partnering with educators to identify several schools throughout the province to pilot programs that swap the focus to individualized learning.

"We're not going to throw the baby out with the bath water," Fassbender said. "And as Dr. Zhou said, there are great ideas, but if we try to go from here to here we're going to scare half the population."

The minister said development of the K-12 Innovation Strategy will be ongoing, but avoids a top-down approach and instead encourages students to explore what's relevant to their own lives. A working group will be formed to connect school districts, participating schools and interested organizations such as the B.C. Teachers' Federation and associations representing superintendents, principals and independent schools.

The ministry also released an updated B.C. Education Plan, which better articulates the concept of personalized learning and proposes to further examine a suite of student assessment tools.

Zhao, now a professor at the University of Oregon who studies global educational policy, told the crowd that the world's established education systems drive creativity down and discriminate against students with diverse abilities.

He said children already have a tremendous capacity to soak u p

Education

Kids get leg up in life with lessons on mindfulness

Paying extra attention appears to have paid off for a group of Grade 4 and 5 students in Coquitlam, B.C., who participated in a mindfulness program.

Researchers at the University of British Columbia found that the elementary students were better at regulating stress, more optimistic and helpful, better liked by their peers and even performed better at math.

The study involved giving lessons to the children in mindfulness, where they were guided to intentionally focus on the present — while avoiding making judgments — through a series of breathing, tasting and movement exercises.

Lead author Kimberly Schonert-Reichl says the study amounts to scientific evidence that children who are taught mindfulness are better positioned to succeed both in school and life.

She says it's one of the first studies of its kind and involved researchers from across multiple disciplines, including a neuroscientist, developmental pediatrician, developmental psychologists and education experts.

Research for the study was conducted in 2008, and the findings were published this month in the academic journal *Developmental Psychology*.

THE CANADIAN PRESS

foundational skills — so long as the learning methods are engaging.

He suggested teachers should provide fewer explicit instructions and instead give students broader ownership over their learning, placing more emphasis on developing individually meaningful skills while making better use of global resources.

Teachers' federation president Jim Iker welcomed Zhou's vision as a "breath of fresh air."

The union has long argued general, cognitive-skills tests don't help students learn or teachers teach.

"Workplaces want young adults who are able to be creative, who are confident, who are self-reliant, who've got social skills," he said. "That's an important piece that's not part of a standardized test."

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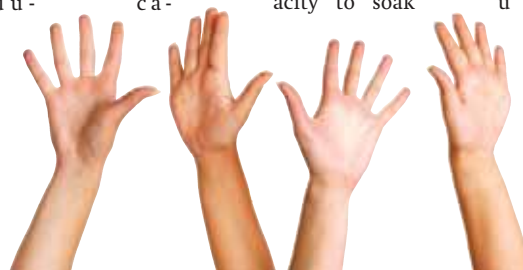
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NFL

Seattle's Sherman may need Tommy John surgery

Seattle Seahawks cornerback Richard Sherman played the Super Bowl with torn ligaments in his left elbow and will likely need Tommy John surgery.

Seattle coach Pete Carroll said Monday it was his understanding that Sherman would need the surgery after being injured in the NFC championship game against Green Bay.

THE ASSOCIATED PRESS

NFL

Johnny Manziel checks into rehab

Browns quarterback Johnny Manziel has entered treatment for unspecified reasons, telling his team he needs to improve himself before rejoining.

Manziel entered treatment last week, an adviser's statement said Monday.

"Johnny knows there are areas he needs to improve on to help him be a better family member, friend and teammate," said the statement. THE ASSOCIATED PRESS

Baseball

Nationals sign Casey Janssen

Casey Janssen and the Washington Nationals have finalized a one-year contract that includes a mutual option for 2016 and guarantees the reliever \$5 million. Janssen had spent his entire big-league career with the Toronto Blue Jays, going 29-24 with 90 saves and a 3.52 ERA since 2006.

THE ASSOCIATED PRESS

Bucks halt Raptors' winning streak at six

NBA. Lacklustre loss to Milwaukee opens five-game stretch at home on a low note

The roll the Toronto Raptors were on came to a screeching halt at the hands of the undermanned Milwaukee Bucks on Monday.

DeMar DeRozan scored 16 points, but it wasn't enough to lift Toronto in a lacklustre 82-75 loss to the Bucks, ending the Raptors' six-game winning streak.

Jonas Valanciunas had 12 points and 13 rebounds, while Lou Williams finished with 12 points and Terrence Ross added 10 points for Toronto (33-16).

Khristian Middleton had 25 points to top the Bucks (26-22) in their first win over Toronto in seven matchups.

The Raptors arrived home for the first of five straight games at the Air Canada Centre on a high, their six-game winning streak ending a woeful stretch of eight losses in 11.

But they trailed by as much

On Monday

82

Bucks

75

Raptors

- Another winning streak was broken on Monday. The Atlanta Hawks failed to reach a 20th straight win, losing 115-100 to the New Orleans Pelicans.

as 18 points against a Bucks team that was already missing guard Brandon Knight (sore quadriceps), then lost O.J. Mayo — he picked up double technicals and was ejected with 4:08 to go in the first half — leaving the Bucks with eight available players.

The Raptors went into the fourth down 73-60 before finally showing some life, much to the relief of a capacity crowd of 19,800 fans at the Air Canada Centre that included Orlando Franklin of the Denver Broncos.

THE CANADIAN PRESS



The Raptors lost their first to Milwaukee in seven matchups.

NATHAN DENETTE/THE CANADIAN PRESS

Giovinco's early arrival a boon for Toronto FC



Sebastian Giovinco GETTY IMAGES FILE

With Sebastian Giovinco on board ahead of schedule, Toronto FC will be at full strength to negotiate a brutal opening to the 2015 MLS season.

It may be the best business Toronto GM Tim Bezbatchenko has done, although he credits Giovinco and his agent for prying the five-foot-four

Italian playmaker loose from Juventus ahead of July when his contract would expire.

"Giovinco has today left the club to begin his new adventure with FC Toronto. Good luck, Seba!" the Italian side tweeted.

With Toronto facing seven straight road games to open the season due to stadium

renovations, Giovinco's early arrival is "extremely helpful to getting off on the right foot," Bezbatchenko said Monday from Orlando, where the team is training.

"I'm very excited today," he added. "Especially because of the way it went about, it's really worked out to TFC's advantage." THE CANADIAN PRESS

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Horoscopes by Sally Brompton

Aries

March 21 - April 20

You will work best today if you work as part of a team. Try to remember a certain amount of tension can be creative and there is nothing wrong with a bit of dissent.

Taurus

April 21 - May 21

You need to get rid of all that emotional junk. Be ruthless with yourself — if you let your heart continue to rule your head you won't get rid of half as much stuff as you should.

Gemini

May 22 - June 21

The only danger today is that you will change your plans at the last possible moment and by doing so upset other people's aims.

Cancer

June 22 - July 23

You may be tempted to take some kind of risk today but as there is a full moon in the area of your chart that governs your wealth that may not be a good idea.

Leo

July 24 - Aug. 23

Because today's full moon takes place in your sign you will be more emotional than usual, which has both advantages and disadvantages.

Virgo

Aug. 24 - Sept. 23

If you let your worries get out of hand today it may stop you from taking action and once you stop you will find it hard to get going again.

Libra

Sept. 24 - Oct. 23

Anyone who thinks they know you will be mightily surprised today as you do the opposite of what they predicted.

Scorpio

Oct. 24 - Nov. 22

If someone gets a bit aggressive in their attempts to sell you something you don't want, be it a physical object or an idea, be a bit aggressive back at them.

Sagittarius

Nov. 23 - Dec. 21

There seems to be a lot of tension in your dealings with other people at the moment, both in your personal affairs and at work. The good news is that tension can be creative.

Capricorn

Dec. 22 - Jan. 20

Something unexpected will knock you out of your stride today and you will find it hard to get your rhythm back. Don't make a big issue of it.

Aquarius

Jan. 21 - Feb. 19

There is nothing you cannot do, no challenge you cannot handle. If you are a typical Aquarius you will seek out situations that test you to the limit over the next few days.

Pisces

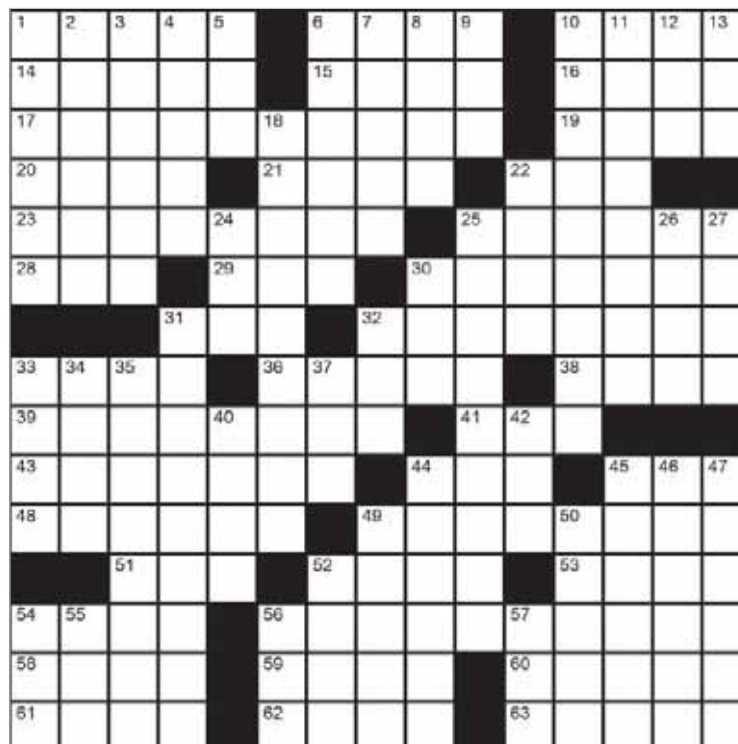
Feb. 20 - March 20

If someone annoys you today just walk away. If you allow yourself to get drawn in you will say things you might later wish you had kept to yourself.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Easy-running horse
6. Awaken
10. Noodle dish, Pad
14. Treble clef's lined notes, in sequence
15. Hold up
16. Challenging
17. Canadian composer of "Music Box Dancer": 2 wds.
19. She sheeps
20. Ailed, ___ fever
21. Twice's opposite
22. "Shameful!"
23. Partnerless laundry pairs: 2 wds.
25. Animal artifact
28. Victoria International Airport code
29. Cold
30. Journalist Mr. Rivera
31. ___ culpa!
32. The ___ (Family related to Harry Potter)
33. "___ silly question..."
36. Don't sit
38. Olive-of-comic's surnamesakes
39. Kenora, ON's Husky the Muskie = ___ attraction
41. Mr. Somerhalder
43. Lost in the ___ (Farley Mowat book)
44. Compass pt.
45. Actor Mr. Young
48. Breaks up
49. Telephone sound: 2 wds.



51. Bootcamp bigwig, briefly
52. BC: Port ___ Bridge (It links Surrey to Coquitlam)
53. Taro root
54. Geological flattop
56. Household spot for miscellaneous items: 2 wds.

58. Organic compound
59. 'Myth' suffix
60. Putting into service
61. People: French
62. Clarified butter
63. Canadian comedian/actress Ms. MacDonald

Down

1. Mount ___, Continental Divide peak captured-on-canvas by Lauren Harris of The Group of Seven
2. Sweet Rosie ___ (1943) starring Betty Grable
3. ___ ___ (Comfort

- food sandwich, hip-style)
4. ___ Edibles (Mrs. Garrett's gourmet shop on "The Facts of Life")
5. Subj. of "Bobby" (2006)
6. Retro toy
7. Powders

8. Archipelago part
9. Lefts opp.
10. Ontario town between Sault Ste. Marie and Sudbury
11. Canadian musician Mr. Workman
12. "All bets ___ off."
13. Passports, e.g.
18. Some shoes
22. Crag
24. Goose: French
25. "Right Action" by Franz ___
26. Pastoral poem [var sp.]
27. Sports defeat
30. Pistol
31. Elizabethan vocal pieces
32. Actor, Daniel ___ Kim
33. Financial hedgers, briefly
34. Ivory ___
35. Ottawa Senators captain Erik
37. Cnd. banks, e.g.
40. Cobblestone
42. Cobbler's tool
44. Rip Van ___ (Storied snoozer)
45. Long-billed wading bird
46. Tab key function
47. Seinfeld character
49. Greek Myth: Mother of Perseus
50. Bug
52. Plentiful
54. Ms. Ryan
55. Chem. ending
56. Dublin dance
57. ___ the wrong way

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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'MIRACLE MOLECULE' SUPERCHARGES CIRCULATION, PROMISING BETTER BLOOD FLOW, BLOOD PRESSURE AND INCREASED MENTAL CLARITY & STAMINA!

Are you concerned with high blood pressure or cholesterol, a lack of stamina and energy, a dip in libido and physical performance, or the increase of "senior moments?" The answer to living without these health concerns has been discovered in what scientists are calling the most important health breakthrough of our time. The discovery starts with nitric oxide (N-O)!

OVER 40 LOSING CRUCIAL RESERVES

N-O is a natural substance produced by the body that has amazing effects on health and circulation. The American Heart Association published one of many studies showing that many people over 40 don't produce enough N-O. In fact, your body produces less than half of what it did at 20.



NOBEL PRIZE WINNING DISCOVERY

Three researchers received the prestigious Nobel Prize for this discovery. One of the winners says, "There may be no disease process where this miracle molecule does not have a protective role".

GOOD NEWS FOR BOOMERS!

Researchers reported that N-O helps

with energy levels, blood pressure, cholesterol, joint discomfort, and assisted in strengthening the immune system.

90-SECOND CIRCULATION BOOSTER

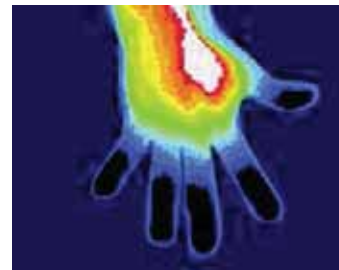
Based on the research of Dr. Nathan S. Bryan, PhD, who lectures to doctors around the world about Nitric Oxide, Neogenis® Labs has created a revolutionary lozenge, called Neo 40 daily, that makes it easy to restore N-O levels. This "fast-dissolve" lozenge restores your N-O to youthful levels by dissolving within 90 seconds and begins to work immediately, which leads to better circulation, for many in as little as 20 minutes.

BETTER CIRCULATION TO WHOLE BODY

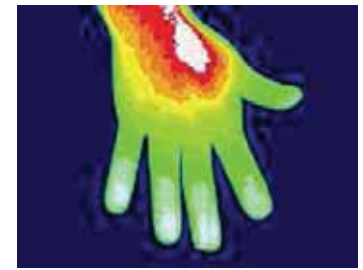
Better circulation helps increase stamina, maximizes metabolism, helps manage stress and maintains healthy sexual function. Healthy N-O levels also promote better blood pressure and cholesterol as a result of improved circulation to all major organs.

SURPRISE BENEFITS FOR MEN & WOMEN

"Adequate amounts of Nitric Oxide insure sufficient amounts of blood to flow to the extremities, especially the penis, resulting in an erection. The same applies to women; without proper blood flow to the clitoris, orgasms are difficult," says Dr. Bryan.



Dark = Low Blood Flow



Light = Increased Blood Flow

Actual Thermographic Image of Hand shows circulation in hands before and after taking Neo 40 daily. On the Left, the fingertips are almost black showing little blood flow. On the Right, lighter colored fingers show increased blood flow after only 20 minutes.

A boost in Nitric Oxide levels may equal increased sexual sensitivity for men and women. Tammy from Ontario said, "The first night after my first dose I had improved circulation in my hands. I find the increased circulation is a definite benefit in the bedroom." "We noticed a difference in my husband's erections within a week. We can't believe how well it works," reports pleased wife Marion S., of New York.

NATURAL RESULTS YOU CAN FEEL

Lee L., from CA was stunned with her results. "I have had knee, leg and shoulder problems for over 10 years. The pain has deprived me of sleep for months! Ronald D. TX explains, "The results were noticeable overnight. I had more energy and was able to focus more readily."

BEET & BERRY COMBO BOOSTS N-O

Neo 40 daily proprietary combination of N-O boosting nutrients: amino acids, B Vitamins, Vitamin C, and Magnesium are specially formulated with the patent pending combination of red beet and hawthorn berry. The natural chemistry between them generates Nitric Oxide when dissolved in the mouth. The result is increased oxygen delivery, improved vascular function, enhanced sexual enjoyment, and protection against free radicals.

BOOST BLOOD FLOW & OXYGEN STARTING IN 20 MINUTES!

"I recommend this lozenge because it helps the body restore N-O, which leads to healthy circulation; for most in as little as 20 minutes," affirms Dr. Bryan. The result is increased oxygen delivery, heightened immune function, improved vascular function, and enhanced sexual enjoyment

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